



Saucy Mushrooms



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



62 kcal

SIDE DISH

Ingredients

- ☐ 8 ounces baby portobello mushrooms whole
- ☐ 8 ounces chanterelles
- ☐ 1 tablespoon cornstarch
- ☐ 1 tablespoon chives fresh minced
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 1 teaspoon lemon rind fresh grated
- ☐ 1 cup less-sodium beef broth fat-free
- ☐ 1 tablespoon olive oil

- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup shallots minced 3 medium

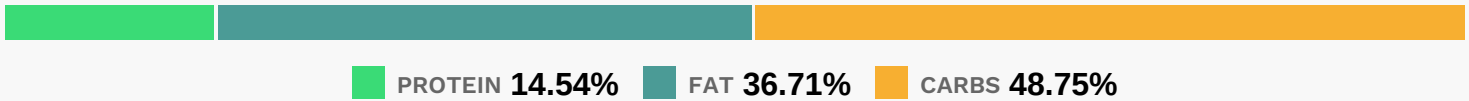
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Heat oil in a large nonstick skillet over medium–high heat.
- ☐ Add shallots; saut 1 minute.
- ☐ Add mushrooms and salt. Reduce heat to medium, and cook 17 minutes or until moisture evaporates and mushrooms are tender, stirring frequently.
- ☐ Combine beef broth and next 3 ingredients in a bowl, stirring with a whisk until well blended.
- ☐ Add to pan, and boil 1 minute or until slightly thick, stirring constantly.
- ☐ Remove from heat, and stir in chives.

Nutrition Facts



Properties

Glycemic Index:12.5, Glycemic Load:0.54, Inflammation Score:-2, Nutrition Score:6.5656521903432%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 62.31kcal (3.12%), Fat: 2.7g (4.16%), Saturated Fat: 0.35g (2.19%), Carbohydrates: 8.07g (2.69%), Net Carbohydrates: 5.64g (2.05%), Sugar: 2.63g (2.92%), Cholesterol: 0mg (0%), Sodium: 275.78mg (11.99%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 2.41g (4.82%), Vitamin B3: 3.28mg (16.4%), Vitamin D: 2.12µg (14.11%), Potassium: 462.6mg (13.22%), Copper: 0.26mg (12.81%), Selenium: 8.07µg (11.53%), Fiber: 2.43g (9.72%), Iron: 1.62mg (9.02%), Vitamin B5: 0.89mg (8.88%), Manganese: 0.18mg (8.83%), Vitamin B2: 0.14mg (7.94%), Phosphorus: 71.36mg (7.14%), Vitamin B6: 0.12mg (6.13%), Vitamin C: 4.67mg (5.67%), Folate: 17.88µg (4.47%), Zinc: 0.53mg (3.53%), Vitamin B1: 0.04mg (2.55%), Vitamin K: 2.57µg (2.45%), Vitamin E: 0.36mg (2.41%), Magnesium: 8.43mg (2.11%), Calcium: 13.19mg (1.32%)